Broccoli Frittata

**Yield:** 4 servings  
**Total Time:** 30 minutes

**Ingredients**  
- 2 cups frozen or fresh broccoli  
- ½ onion  
- 1 tablespoon olive oil or canola oil  
- 4 whole eggs  
- 4 egg whites  
- ¼ cup skim milk  
- ¼ teaspoon garlic powder  
- 1/8 teaspoon salt  
- ¼ teaspoon pepper  
- ¼ cup shredded cheese (optional)

**Preparation Instructions**  
1. Preheat oven to 400ºF.  
2. Chop broccoli (if using frozen, de-frost in the microwave according to package).  
3. Chop onion.  
4. Heat oil in a large oven-proof skillet* over medium-high heat. Add onion and broccoli and sauté until tender, approximately 5-7 minutes.  
5. In a medium bowl, beat eggs, egg whites, milk, garlic powder, salt and pepper. Add cheese if desired. Pour egg mixture into skillet over vegetables and stir to combine. Transfer skillet to oven; bake 10-15 minutes or until eggs set.

**Nutrition Analysis**  
Per serving: 170 calories; 11g fat (3.5g saturated, 0g trans); 195mg cholesterol; 260mg sodium; 5g carbohydrate (1g dietary fiber; 2g sugar); 13g protein.  
Vitamin A 30%, Vitamin C 60%, Calcium 10%, Iron 8% Daily Value.

*Ovenproofing a skillet: If your skillet has a plastic handle, wrap handle with foil before placing it in the oven.